are incorporated into the formulation at a concentration of about 2 to 4% of total weight of dry solids, wherein the microfine siliceous material is incorporated into the formulation at a concentration of about 2 to 4% of total weight of dry solids, wherein said formulation further comprises reinforcing fibers and the total amount of reinforcing fibers and lignocellulosic fibers treated with a water repellent agent is less than about 7% of total weight of dry solids;

iii) forming a green article from said formulation to a density less than 1.1 g/cm^3;

iv) precuring the green article for no more than about 80 hours at a temperature no higher than about 60° C.;

v) pressing the green shaped article at between about 15 and 20 MPa in a ramping phase wherein pressure is ramped up for 10 to 40 minutes, and a holding phase wherein pressure is held for between about 15 to 30 minutes forming a product having a pore size distribution having at least one critical zone, wherein a zone includes the region of 1 to 10 microns mean pore diameter, and a final density of between about 1.1 to 1.6 g/cm^3;

vi) autoclaving said green article in a pressurized environment with steam at between about 120° C. to about 200° C. for between about 3 to about 30 hours; and

vii) curing said product.

24. A method as claimed in claim **23** wherein said pore size distribution has a critical zone in the region of 10 to 100 microns mean pore diameter size.

25. A method as claimed in claim **1** wherein the total amount of reinforcing fibers and lignocellulosic fibers treated with a water repellent agent is between about 4 to 6% of total weight of dry solids.

26. A method as claimed in claim **12** wherein the total amount of reinforcing fibers and lignocellulosic fibers treated with a water repellent agent is between about 4 to 6% of total weight of dry solids.

27. A method as claimed in claim **23** wherein the total amount of reinforcing fibers and lignocellulosic fibers treated with a water repellent agent is between about 4 to 6% of total weight of dry solids.

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